



LUKASZ LUKAWCZYK

Welcome back!



07.05.2023 6:34 AM



BEST SOUTH AMERICAN SEAFOOD DISHES

TasteAtlas food rankings are based on the ratings of the TasteAtlas audience, with a series of mechanisms that recognize real users and that ignore bot, nationalist or local patriotic ratings, and give additional value to the ratings of users that the system recognizes as knowledgeable. For the "10 Best Rated South American Seafood Dishes" list until March 30, 2023, 2,339 ratings were recorded, of which 1,063 were recognized by the system as legitimate. TasteAtlas Rankings should not be seen as the final global conclusion about food. Their purpose is to promote excellent local foods, instill pride in traditional dishes, and arouse curiosity about dishes you haven't tried.



Ecuador 4.5 ★★★★☆

Encebollado is the national dish of Ecuador, a fish soup that is characterized by a large amount of onions. Very useful in curing hangovers, the dish is made with fresh tuna meat, cassava root, tomatoes, onions, coriander, and various spices. Tomatoes, onions, chili, coriander, and cumin form a pungent mix and a base for the soup, called sofrito, while pickled onions go either on top of encebollado or into it, giving it its name that is literally translated to onioned.

The soup originates from Ecuador's coast during the time when the fishers were out at sea and made the soup out of necessity. As they had some spices, and fresh fish was readily available, encebollado was created and became widely consumed throughout the country.



Peru 4.5 ★★★★☆

Tiradito is a traditional Peruvian dish consisting of thinly sliced, well-chilled raw fish, chopped vegetables, and coriander, all drizzled with lemon and lime juices right before consumption, so the fish stays raw, unlike ceviche, where the fish is already cooked in citrus juices.

The dish is most often served as an appetizer, and some cooks like to add their own touch - topping it with sliced onions, pickled jalapeños, boiled corn, and even crushed potato chips. It is believed that it takes a lot of skill and effort to make a perfect tiradito, but the most essential components while preparing it are a sharp knife and the freshest possible fish, which is the highlight of every tiradito.



Peru 4.5 ★★★★☆

Peruvian jalea is a seafood dish of lightly breaded and deep-fried fish - most often tuna, halibut, cod, or striped bass - and other mixed seafood like octopus, squid, shrimps, and scallops. It is traditionally served with thinly sliced and fried plantains called chifles, and topped with a refreshingly tart salad of lime-marinated red onions, tomatoes, and cilantro. With an abundance of fresh local seafood during Lent weeks which coincide with the end of the summer in South America, jalea has become one of the Peruvian favorites of the fasting season, widely available in numerous cevicherias, restaurants specialized in ceviche and other seafood dishes.



Brazil 4.5 ★★★★☆

Moqueca is a seafood stew with a base of palm oil and coconut milk or olive oil, combined with fish or shrimps (or both). The dish is stewed in traditional clay pots along with vegetables and fresh herbs, and it is traditionally served over rice.

It can be traced back to 300 years ago, when it was first invented due to the fact that the Portuguese brought coconuts to the country, and slaves from Africa introduced palm oil to Brazilian cuisine. There are numerous versions of moqueca, such as moqueca Capixaba, or moqueca Baiana, from the Bahia state in the northeast of the country.

The dish is traditionally garnished with fresh chopped cilantro on top, while crusty bread provides the best accompaniment.



Peru 4.5 ★★★★☆

Ceviche is the national dish of Peru consisting of slices of raw fish or shellfish that is spiced with salt, onions, and chili peppers, then marinated in lime juice. Due to the acidity of lime juice, the texture of the fish changes, as does its color - from pink to white.

The acidic marinade, also known as leche de tigre (lit. tiger's milk) "cooks" the meat without any heat involved in the process. For ceviche, fresh fish is an imperative, as fish and shellfish that are not fresh can cause food poisoning. Peruvians are used to fresh ingredients, so the fish will sometimes be prepared for ceviche less than an hour after being caught.

Peru 4.5 ★★★★☆

Choritos a la chalaca is a Peruvian dish originating from the port of Callao. The word choritos refers to mussels, while a la chalaca means Callao-style. The dish is made by steaming the mussels, then topping them with a spicy salsa featuring tomatoes, corn, rocoto peppers, onions, lime juice, olive oil, and parsley.

Choritos a la chalaca is traditionally served as an appetizer with a glass of cold beer on the side.

Choritos a la chalaca is typically served as an appetizer and it was invented by an Italian immigrant named Edoardo Melotti Ferrari in Viña del Mar in the 1950s.

Peru 4.5 ★★★★☆

Machas a la parmesana is a typical Chilean dish consisting of razor clams that are topped with salt, white wine, butter, and parmesan cheese. The clams are then broiled until the cheese melts, and it is recommended to serve them immediately, preferably with a glass of white wine on the side.

This Chilean classic is typically served as an appetizer and it was invented by an Italian immigrant named Edoardo Melotti Ferrari in Viña del Mar in the 1950s.

Peru 4.5 ★★★★☆

Conchitas a la parmesana is a traditional Peruvian dish that's served as an appetizer. It consists of scallops that are topped with grated parmesan, then placed under the broiler for a few minutes. When served, the cheese should be bubbling, but the scallops will remain almost raw.

The ingredients used for the dish include scallops, Worcestershire sauce, lime juice, butter, salt, pepper, and grated parmesan cheese. The dish is served immediately, while still piping hot, ideally with lime wedges on the side.

Peru 4.5 ★★★★☆

Machas a la parmesana is a typical Chilean dish consisting of razor clams that are topped with salt, white wine, butter, and parmesan cheese. The clams are then broiled until the cheese melts, and it is recommended to serve them immediately, preferably with a glass of white wine on the side.

This Chilean classic is typically served as an appetizer and it was invented by an Italian immigrant named Edoardo Melotti Ferrari in Viña del Mar in the 1950s.

Peru 4.5 ★★★★☆

Machas a la parmesana is a typical Chilean dish consisting of razor clams that are topped with salt, white wine, butter, and parmesan cheese. The clams are then broiled until the cheese melts, and it is recommended to serve them immediately, preferably with a glass of white wine on the side.

This Chilean classic is typically served as an appetizer and it was invented by an Italian immigrant named Edoardo Melotti Ferrari in Viña del Mar in the 1950s.

Posted by John Harris Los Angeles, CA, United States

MORE BLOGS FROM AUTHOR

BEST SOUTH AMERICAN SEAFOOD DISHES 167

08.05.2023 10:34 AM 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372

167 1372